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Fragmentation of breaking glass as a brittle solid is a problem of equal practical and theoretical importance. Kooij et al. demonstrate that the fragment size distribution can surprisingly be both, ...

Explosive fragmentation of Prince Rupert's drops leads to well-defined fragment sizes

I used the principles of calorie density

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and the 50/50 plate to lose weight. Here are photos of what 200 calories looks like to illustrate calorie density.

How I Used Calorie Density to Lose Weight — I'll Never Diet Again!

Shallow parts of megathrusts up-dip of locked patches generally have a high slip rate deficit, which could mean tsunami hazard has been underestimated, according to a stress-constrained inversion of ...

Slip rate deficit and earthquake potential on shallow megathrusts

The ingot was stress-relieved after casting (to relieve the high ... There is no over-aging, which occurs in solution heat-treated plate, or the partial annealing that is characteristic of ...

Designing with cast aluminum plate

Work and stress go hand in hand -- that's something ... by excessive steps or sidetracked by too much work on their plate. Solution: task-management

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strategy. Establish roles for each employee ...

3 Solutions for Workplace Stress That Actually Last

The COVID-19 pandemic has shuttered gyms worldwide. This article explores the effects of gym closures on mental health, proposes solutions, and provides a personal story.

How Gym Closures Have Affected My Mental Health — and Yours

Now, in my tiny bubble, I hate cooking with big-batch recipes. I've never been especially keen on leftovers, but the daily slog and sameness mean that food is one of the only things I look forward to.

Small plates: If you're cooking for 2, here are some recipes for your little bubble

But why stop at compensating for curved build plates? Non-planar layer FDM has ... could lead to a more uniform

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resistance to tensile stress. Planar printed FDM parts are typically less ...

3D Printerling: Non-Planar Layer FDM

GM deforms elastically under stress like a solid but begins ... two additional sets of simulations—submerged plate intruders and locomoting runners. We evaluate these cases based on data from ...

Surprising simplicity in the modeling of dynamic granular intrusion

Howard College held a plate smash Tuesday in hopes of helping students relieve their biggest causes of stress as they prepare for finals. Nearly 30% of office workers will take less time off ...

Howard College holds plate smash for students

Extruded Delrin has internal stresses built up ... I've come up with two solutions. Because the relative location

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of the holes is precise, you can bolt
plates together with standoff to flatten
...

Drawbacks Of Laser Cut Delrin-and How To Slip Around Them

Though times have been difficult,
essential healthcare workers have
stepped up to the plate and earned
kudos from a grateful world — even
while enduring unparalleled levels of
stress ... Thankfully, ...

National Nurses Week is Approaching. How will Health Systems Appreciate Their Frontline Workers?

In the race to get humanity toward zero
carbon emissions by 2050, the vast
majority of efforts will rightly be focused
on reducing emissions at their source.
But there are areas where this simply ...

High Hopes claims stratospheric breakthrough in direct air CO2 capture

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SAVANNAH, Ga. (WTOC) - Georgia Southern students on the Armstrong campus were able to find some relief at the No Stress Zone at the Residential Plaza on Tuesday. No Stress Zone is an event that ...

Students smash stuff to relieve stress from finals

Between quarantine disruption, incalculable national grief, the fight for racial justice, and political instability, human resource leaders' plates were ... based traumatic stress, or mental ...

Why inclusion and belonging needs to be part of your well-being strategy

Both whole body and targeted vibration offer easy to use and versatile movement solutions ... stress, fatigue and chronic pain, said Stephen Powell, Director of training and education at Power Plate.

Stomach bloating: The best form of

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exercise to help destress and reduce painful symptoms

Welsh elections mean voters will have a big decision to make on May 6, so we asked the party leaders how they will tackle the subjects that matter the most

...

Where do the Welsh parties stand on the big issues in 2021?

If hospitals were run like police departments, doctors would loiter in the lobby to pounce on patients who have mild sprains and stuffy noses while gunshot victims languish in understaffed

...

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